



# State of Iowa Employees

## JOIN The YMCA of Greater Des Moines!

\* 6 Convenient Metro Locations

**Join by November 15, 2008 and Receive 100% off the \$50 JOINING FEE!**

### YMCA Features: Join one, Join all locations.

Variety of Cardiovascular Equipment: Treadmills, Elliptical Cross-trainers, Arc Trainer,  
Espresso Bikes  
Quality Strength Training Equipment  
Swimming Pools at Every Branch  
Racquetball/Handball Courts at Ankeny & Riverfront  
Low Cost Programs for all ages

### Membership Benefits (no cost to members)

Four Specialized Wellness Coaching Sessions  
Aerobics Classes Including Pilates, Kick Boxing, Cycling and Yoga  
Full Usage of All the Greater Des Moines YMCAs

### YMCA Membership Rates:

	<u>Monthly Rate</u>
Adult	\$49.00
Two Adults with or w/o kids	\$72.00
One Adult with kids	\$60.00
Senior 65+	\$36.00
Two Seniors 65+	\$57.00

\*\*\*Add a third adult to your membership for an additional \$23 per month.



### State of Iowa Employees and Families Free One-Week Pass To The YMCA

Name: \_\_\_\_\_ Phone: \_\_\_\_\_ Birth Date: \_\_\_\_\_

Address \_\_\_\_\_ Apt/Lot # \_\_\_\_\_ City \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

**Must Be Redeemed by November 15, 2008**